Vancouver metro

MONDAY, MARCH 21, 2016

Every™ Day

Help prevent colorectal cancer.

USE THE ***GET ENOUGH HELPER APP*** EVERY DAY AND WE'LL DONATE* ON YOUR BEHALF.

> getenough.ca/app

Download on the App Store

ANDROID APP ON Google play

Colorectal Cancer Association of Canada

100% CANADIAN MILK

*DONATIONS UP TO A MAXIMUM OF $100,000.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

CANADIANS AND COLORECTAL CANCER

Some 25,000 Canadians are diagnosed with colorectal cancer each year.

68 cases each day

When Canadians are asked to name the **3 DEADLIEST CANCERS, 76%** mention **lung cancer, 63%** say **breast cancer** and **38% prostate cancer**.

IN FACT:
Colorectal cancer is the **2ND DEADLIEST,** after lung cancer.

Canadians think only **59%** of colorectal cancer cases can be cured if detected at an early stage.

IN FACT: MORE THAN **90%** **OF CASES CAN BE CURED IF DETECTED EARLY.**

30% of Canadians believe that colorectal cancer causes symptoms so the disease can be detected in its early stages without screening.

IN FACT: SCREENING IS THE ONLY WAY TO DETECT COLORECTAL CANCER IN ITS EARLY STAGES.

Canadians have a higher awareness of **BREAST CANCER** (66%) and **LUNG CANCER** (64%) than of **COLORECTAL CANCER** (43%).

IN FACT: COLORECTAL CANCER ACCOUNTS FOR 13% OF ALL CANCERS, almost the same incidence as lung cancer (14%) and of breast cancer (12%).

65% of Canadians don't know they should start REGULAR SCREENINGS for colorectal cancer AT AGE 50.

IN FACT: MORE THAN 90% OF COLORECTAL CANCER CASES OCCUR AMONG CANADIANS 50 OR OLDER

THERE REMAINS A CERTAIN TABOO ABOUT GETTING SCREENED FOR COLORECTAL CANCER,
with about twice as many people saying they would be embarrassed to be screened for colorectal cancer (24%) as for skin cancer (13%) or breast cancer (13%).

When Canadians are asked to name the various risk factors for colorectal cancer, they rank:

1. Lifestyle (38%)
2. Heredity (30%)
3. Age (24%)

IN FACT:
LIFESTYLE AND AGE ARE THE MAIN FACTORS.
Heredity only accounts for between 10% and 20% of cases.

WHAT YOU CAN DO TO LOWER YOUR RISK OF COLORECTAL CANCER

GET ENOUGH FRUITS AND VEGETABLES, WHOLE GRAINS, LEGUMES AND MILK.

DRINK PLENTY OF WATER.

EXERCISE REGULARLY.

GET SCREENED REGULARLY STARTING AT AGE 50.

USE THE *GET ENOUGH HELPER* APP.
This app allows you to track what you eat to make sure you get enough of what you need.

For every day you use the app, Dairy Farmers of Canada makes a $1 donation* to the Colorectal Cancer Association of Canada.

> getenough.ca/app

*Donations up to a maximum of $100,000.
Survey stats from Ipsos, 2015

Colorectal Cancer Association of Canada

SPROTT SHAW COLLEGE SINCE 1903

FIND YOUR PASSION

AND YOUR PURPOSE WITH A CAREER IN HEALTH:

SPROTTSHAW.COM

• PRACTICAL NURSING
• HEALTH CARE ASSISTANT
• COMMUNITY SUPPORT WORKER

Vancouver metro

ROSEMARY WESTWOOD

'It's as if, on social media, kids grow up without any parents'

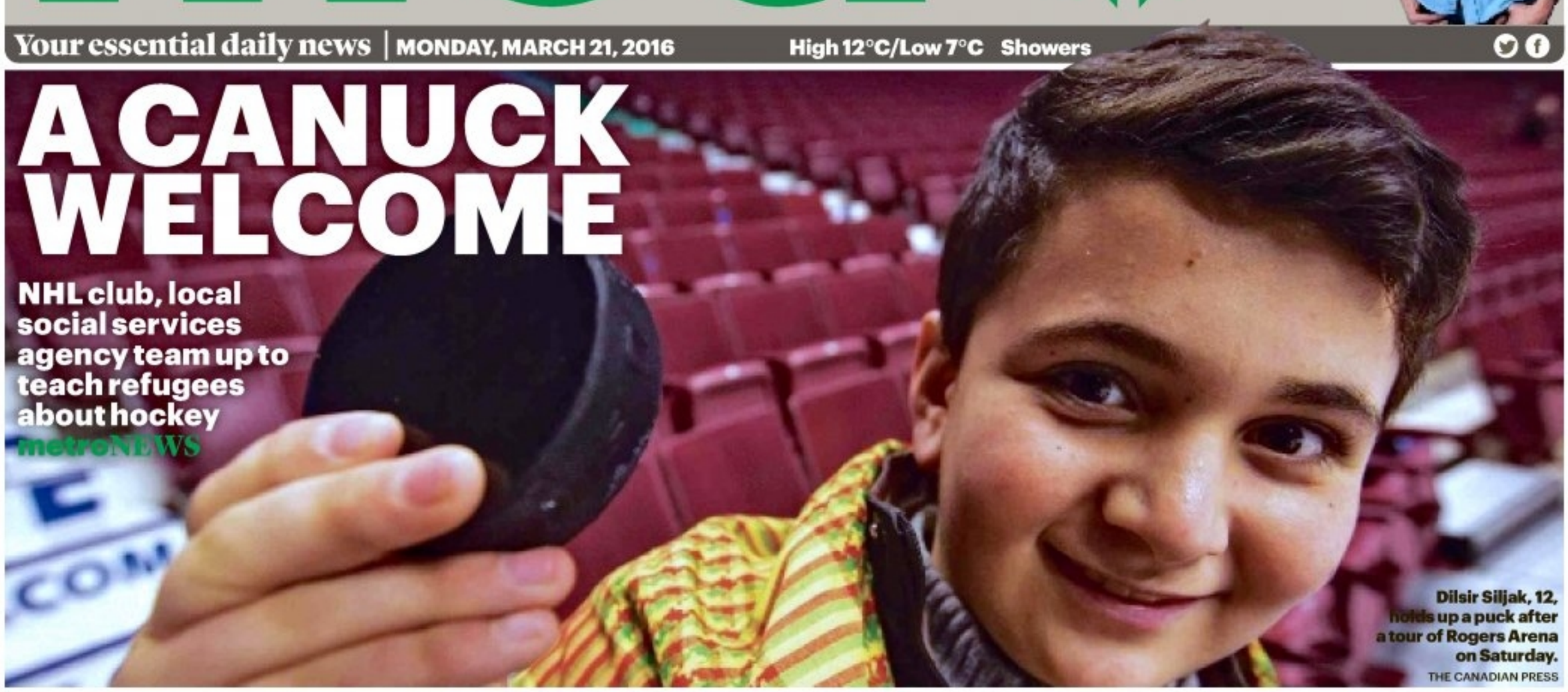
metroVIEWS

Your essential daily news | MONDAY, MARCH 21, 2016 High 12°C/Low 7°C Showers

A CANUCK WELCOME

NHL club, local social services agency team up to teach refugees about hockey

metroNEWS



Dilsir Siljak, 12, holds up a puck after a tour of Rogers Arena on Saturday.
THE CANADIAN PRESS

Landlords on notice, advocate says

TENANCY

Penalty issued for failing to restore heat to resident's room

Matt Kieltyka
Metro | Vancouver

A Downtown Eastside (DTES) housing advocate hopes negligent landlords take notice after one was issued a precedent-setting administrative penalty last week.

The Residential Tenancy Branch (RTB) has imposed a $5,000 fine against Navtej Bains and Amarjit Mann, directors of Community Builders, for failing to fix a disabled tenant's heating in the single-room occupancy West Hotel, at 488 Carrall St., despite orders dating back to July 2, 2015.

"The landlord submitted absolutely no documentation to show that they had retained a licensed professional to inspect the unit and the heater as they were ordered to do," the decision reads.

The tenant, Harvey Huot (who has since moved) claimed to have been living in the unit without working heat for over a year, though a space heater had been provided.

It is only the second time the RTB has ever levied an administrative penalty against a landlord, though the first one against a Surrey landlord in 2012 was eventually waived.

Advocate Wendy Pedersen, with the SRO Collaborative, believes there is more to come now that the province has chosen to penalize a landlord in the DTES for substandard conditions.

"This is a small case for just one tenant but it has big implications," said Pedersen. "It shows that the province is willing to penalize landlords for repeat offences. This will assist tenants across the province, and definitely in the DTES where there are so many issues. There's more to come."

Residents at the West Hotel have had long-standing complaints about the building, including prolonged periods without hot water and elevator access.

Tenants also complained about a lack of security and 24/7 staffing after a double homicide at the building last March.

In August, 93 tenants of the building launched a $70,000 lawsuit against Community Builders.

The tenants are still awaiting a hearing date in the courts.

2016'S FEDERAL BUDGET 'What will Tuesday's budget say about Trudeau's Liberals?' metroNEWS metroLIFE

Who wants a FREE 50" TV?

Get a FREE 50" Samsung Smart TV when you sign up for Optik TV® and Internet for 2 years.*

Make the switch. Go to **telus.com/freetv**,
call **310-MYTV (6988)** or visit your **TELUS store**.

TELUS
the future is friendly®

*Offer available until March 31, 2016, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Offer available while quantities last and cannot be combined with promotional prices. Offer includes Optik TV Essentials and Internet 25. Not available with Internet 6 or Lite. A cancellation fee applies for early termination of the service agreement and will be the value of the promotional gift received in return for your term commitment, multiplied by the number of months remaining in the term (with a partial month counting as a full month), divided by the total number of months in the term, plus applicable taxes. TELUS reserves the right to substitute an equivalent or better product without notice. Offer available with a 2 year service agreement. A retail value of $799 for the 50" Samsung Smart TV, based on the manufacturer's suggested retail price, plus a 2 year extended warranty, provincial government eco fees and shipping. A cancellation fee applies for early termination of the service agreement and will be the value of the promotional gift received in return for your term commitment, multiplied by the number of months remaining in the term (with a partial month counting as a full month), divided by the total number of months in the term, plus applicable taxes. Downgrading to Lite after accepting a promotional offer will trigger the cancellation fees associated with the promotion and the free installation and equipment rental. TELUS reserves the right to modify channel lineups and packaging, and regular pricing, without notice. HDTV-input-equipped television required to watch HD. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. The Essentials or Lite is required for all Optik TV subscriptions. Internet access is subject to usage limits; additional charges apply for exceeding the included data. Service installation, a $300 value, includes connection of up to 6 TVs and is free with a service agreement or purchase of a digital box or PVR. If new outlet/phone jacks are required, the charge will be $75 for the first one and $25 each for the others. Free installation and equipment rental is not available with Lite. If you downgrade to Lite, regular rental fees will apply starting in the month of the downgrade, and cancellation fees will apply as above. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of the TELUS Corporation, used under licence. All rights reserved. All copyrights for images, artwork and trademarks are the property of their respective owners. All rights reserved. © 2016 TELUS.

metro NEWS

Your essential daily news

Obama and family arrive in Cuba for historic trip. **World**

Exec loses lawsuit against Cactus Club and two staff

SUPREME COURT

Judge ruled Ledcor VP touched server inappropriately

Emily Jackson
Metro | Vancouver

Dwight Brissette had filed a lawsuit against the Cactus Club alleging defamation. CONTRIBUTED

A B.C. Supreme Court judge vindicated a Cactus Club server who was sued for defamation by a businessman who claimed the restaurant falsely accused him of inappropriately touching her backside and calling her "Kitty Kat."

Justice Miriam Gropper tossed out the lawsuit Ledcor senior vice-president Dwight Brissette filed against the Cactus Club, the server and her manager regarding the June 2013 incident in which Brissette and his party were asked to leave the Coal Harbour restaurant's patio after the server told her manager he touched her backside, according to the judgment posted online last week.

Brissette, who drank five nine-ounce glasses of wine and one or two shots of tequila that night, denied touching the server or calling her Kitty Kat. His lawsuit alleged the manager made up the accusations as revenge for a rude comment he made to her in passing and maliciously slandered him in front of colleagues by citing the accusations as the reason they had to leave.

But Justice Gropper ruled that he did touch the server, stating she preferred the evidence of the Cactus Club staff's to Brissette's due to their professional experience serving inebriated patrons and the amount of alcohol he consumed.

Video of the incident does not show the touch but does not prove it did not happen, Gropper stated. Overall, the video aligned more closely with the Cactus Club staff's version of events, according to the judgment.

Gropper also ruled that the manager had qualified privilege when she told the table of about 10 guests (Brissette was absent at the time) why they were being asked to leave the restaurant.

"Her statement was reasonably necessary for her to perform her duty as manager of the Cactus Club and to protect the employees under her watch," Gropper wrote.

The Cactus Club was awarded costs related to the lawsuit.

EARTH HOUR

No stats on energy savings

British Columbians will be kept in the dark over whether Earth Hour participation surged or dropped even lower in 2016.

B.C. Hydro will not release data about energy savings during the 10th annual Earth Hour that took place Saturday between 8:30 and 9:30 p.m. due to the event's proximity to the switch to Daylight Saving Time.

The utility explained it needs at least one Saturday after the time change as a benchmark to accurately say how much energy is saved during Earth Hour, a global World Wildlife Foundation event where people are encouraged to turn the lights off for an hour to raise awareness about climate change.

After a few years of major energy savings and booming participation in the event — Vancouver was even named the WWF Earth Hour capital of the world in 2013 — B.C.'s energy savings plunged to 15 megawatt hours in 2015 from 136 megawatt hours in 2013. Still, local landmarks B.C. Place and Science World turned off the lights, though photographs from Saturday evening reveal the buildings as two dark spots between condos sparkling with lights.

The total amount of energy savings in one hour isn't the point, World Wildlife Fund Canada CEO David Miller argued.

"Earth Hour has been part of a movement that has made a very real difference and I think this year we have to celebrate that success." he said.

EMILY JACKSON/METRO
WITH FILES FROM THE CANADIAN PRESS

CHOOSE YOUR PATH

HOSPITALITY MANAGEMENT DIPLOMA

A diploma in Hospitality Management allows you to gain the skills needed to have a successful career in one of B.C's fastest growing industries.

37 Week Diploma Includes Prcaticum

EARLY CHILDHOOD CARE & EDUCATION CERTIFICATE

Become certified to work with children in a variety of childcare settings, including daycare centres and pre-schools.

48 Week Certificate Includes Prcaticum

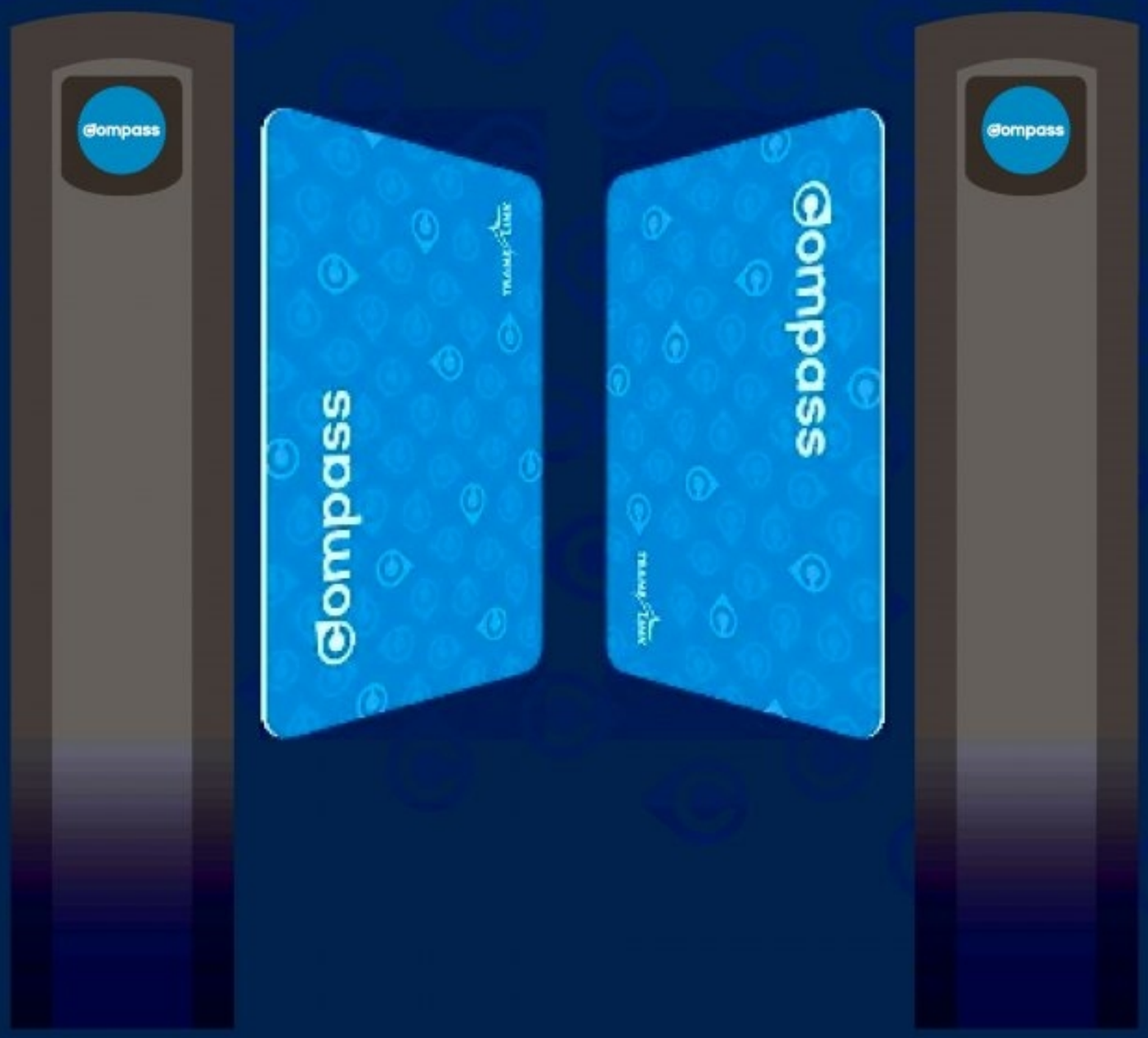
Flexible Start Dates
Manageable Class Sizes
Practicum Opportunities

CHILLIWACK
NORTH ROAD
SURREY
VANCOUVER

www.MTICC.com
604-310-2684

MTi COMMUNITY COLLEGE

Starting April 4, we're closing all fare gates.



Compass is your key.

Cash, bus transfers and FareSavers can still be used on buses, but you'll need Compass when transferring to SkyTrain or SeaBus. With Compass, travel and transfer across the TransLink network and always pay the lowest fare.

Learn more at translink.ca/compasscard or call 604.398.2042.

Load. Tap. Ride.

TRANSLINK

A resident surveys the damage to the Villa Carital Retirement Home, where a fire broke out Sunday morning. TREVOR BEGGS/FOR METRO

Residents startled by morning blaze

EMERGENCY

People carried from burning home after power outage

Trevor Beggs
For Metro | Vancouver

Residents and neighbours were startled awake around 3:30 a.m. on Sunday, after a fire broke out at the Villa Carital care home on Penticton Street.

No one was injured in the fire and all of the home's residents were able to return to their suites a few hours later.

The fire damaged only one part of the building, which included the kitchen, salon, and laundry area. None of the suites were damaged.

Approximately 30 people had to be evacuated from the complex care facility. Power was out due to the fire so crews had to carry residents down the stairs.

According to Deputy Fire Chief Brian Godlonton, the residents were all evacuated in approximately 10 to 15 minutes.

> **I've never seen something like this before.**
> Peter Girardi, eyewitness

"The task was completed by everyone working collectively," said Godlonton. "Vancouver Police Department, ambulance workers, firefighters and care workers worked together quite quickly in order to get the residents out safely."

Neighbours in Casa Serena, a seniors' community right beside Villa Carital, also had to be evacuated from their building.

Peter Girardi was one of the residents of Casa Serena who was awoken in the middle of the night by the fire.

"I've never seen something like this before. I looked outside my window and it was one firetruck after another."

According to Girardi, residents of the neighbouring building could smell the smoke from the fire before the fire alarm went off.

"After the alarm went off we had to go downstairs to the lobby, so I sat on the sofa and had a nap."

Girardi was thankful for the firefighters' quick response. "If it wasn't for them, our building would have gone up in smoke," he said.

The cause of the fire is unknown and is currently under investigation.

REAL ESTATE

'Shadow flipping' now in Clark's legislative crosshairs

Thandi Fletcher
Metro | Vancouver

B.C. Premier Christy Clark says she is taking steps to end the "shady" practice of shadow flipping that has recently come under scrutiny in Vancouver's red hot real estate market.

Clark announced Friday that her government plans to put new regulations in place in the coming weeks to prevent the "predatory" practice of shadow flipping.

The new rules will ensure that sellers are given informed consent for any assignment, and that any profits from assignments will go back to the seller.

"In a hot housing market, we have to make sure that there is no room for shady operators who take advantage of people," Clark told reporters on Friday in Stanley Park. "What we see happening in Vancouver is not right. It is not fair."

Shadow flipping, also known as assignment clauses, is a controversial practice that involves real estate agents selling a contract for a single property multiple times at increasingly higher prices and profiting by collecting commission on each sale. The end result means the original seller receives less than what the property ends up being worth, and the last buyer may be paying an inflated prices, with the difference going to the real estate agent and the buyers in the middle.

Although an independent advisory group is also investigating shadow flipping, Clark said her government did not want to wait to bring in new rules. She said the province is also awaiting recommendations on potential conflict of interest when a real estate agent represents both a seller and a buyer in a transaction.

"The shady practice that we have seen in Vancouver, we all know has been driven by greed. Pure, naked greed," said Clark. "The way to end that shady practice for greedy people is to take the profit out of it. That's how we know we'll be able to make a difference."

> **The shady practice that we have seen in Vancouver, we all know has been driven by greed. Pure, naked greed.**
> BC Premier Christy Clark

Qualifying as a Human Resources Professional takes less time than you think at Ashton College.

Ashton's accelerated Diploma in Human Resources provides you with the right knowledge and training, allowing you to thrive in today's ever-changing HR landscape.

ashtoncollege.ca/HR

Full-time | Part-time | Online

For more information, contact a program adviser at 604.628.5784 or toll free 1.844.628.5784 or apply online.

Ashton College
www.ashtoncollege.ca

CONSTRUCTION ELECTRICIANS EARN A MEDIAN WAGE OF $27.90/HR*

Excel in your new career with hands-on training in state-of-the-art labs! Apply to the **Construction Electrician Foundation** program today to get started.

VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:

- Early Childhood Education
- Health Care Assistant
- Medical Office Assistant
- Social Services Worker – Foundations
- And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

1.800.993.4086
STUDY.VCCOLLEGE.CA

VANCOUVER CAREER COLLEGE

Diversity celebrated at event

MULTICULTURALISM

Gathering included guest speaker RCMP's Baltej Dhillon

Tereza Verenca
For Metro | Vancouver

Members of the Shiamak Vancouver dance team entertained the crowd with a Bollywood and Holi-centric performance. TEREZA VERENCA/FOR METRO

The southeast end of Davie Street was alive with the sound of Bollywood music on Saturday for the second annual Raise Your Hands Against Racism (RYHAR) event.

Organized by AM 1200 Spice Radio, the gathering was held at the Roundhouse Community Centre under sunny skies. Passersby enjoyed a colourful performance by the Shiamak Vancouver dance troupe and a drumming session.

There were also a handful of special guests on hand, including Baltej Dhillon, the first RCMP officer allowed to wear a turban, who spoke about his experiences at the start of his career.

"Someone asked me if I was Canadian," he said during his speech. "Though I wore a uniform and was on duty, it didn't require the question. I knew the question was coming not from a place of query, but rather, a place of hate."

Dhillon went on to say it's important for society to move away from words like "tolerance."

"We tolerated people in this country who were here first and then when they didn't fit our picture, we took them away from their homes and put them in schools.

"Today, we're faced with another question. We have brothers and sisters who come to this country, and their faith and their traditions require modesty, so they cover their bodies and faces. We need to accept. We need to move beyond the worlds of old," he explained.

Jayesh Parmar, who has a mixed family and was in the neighbourhood with his two-year-old son, told Metro he always appreciates when diversity is celebrated.

"In today's world, I think it's important for us to realize we're global citizens," he added.

Miriam Frank was another spectator in the crowd who echoed the same sentiment.

"It's a very multicultural city that we live in, so it's good that they have these (campaigns) to make people aware," she said.

The event was inspired by and was meant to coincide with India's Holi Festival, which sees participants throw coloured powder and water at each other.

"The idea of Holi is we're all the same," said organizer and radio personality Shushma Datt.

Saturday's festivities concluded with members of the public dipping their hand in coloured paint, placing it on a white sheet of paper and writing an inspirational message.

"It was a huge success, 100 per cent. It was a beautiful day for us and for bringing awareness to Raise Your Hands Against Racism," Datt added.

IN BRIEF

Police investigating possible homicide

Police in Surrey are investigating a possible early-morning homicide.

The RCMP say officers were called to a home in the 10100 block of 128th St. shortly before 6 a.m. on Sunday to find a woman in her 60s suffering from serious injuries. She was pronounced dead at the scene. The Mounties say their investigation has revealed the woman's death followed an altercation at the residence. Police say one suspect has been arrested. THE CANADIAN PRESS

Stabbing sends man to hospital in serious condition

Vancouver Police are investigating after a stabbing sent one man to hospital in serious condition.

Sgt. Randy Fincham says the man was having an argument with two men who were not known to him.

The man was taken to hospital with life-threatening injuries.

He says no arrests have been made and the investigation is ongoing.

THE CANADIAN PRESS

Syrian refugee discovers passion on ice

Shergo Kurdi, 15, watches the St. Louis Blues practise Saturday. THE CANADIAN PRESS

CRISIS

A world away from home, boy falls in love with sport

Almost immediately after Shergo Kurdi arrived in Canada, he picked up a hockey stick.

The 15-year-old is the cousin of Alan Kurdi, the two-year-old boy who became a symbol of the Syrian refugee crisis when his lifeless body was photographed on a Turkish beach last September.

Just a few months ago, Shergo was working in a clothing factory in Turkey to help support his family after they fled the war in Syria. On Saturday, he met his goalie idol Kirk McLean and watched the St. Louis Blues practise at Rogers Arena.

"My team is (the) Canucks, and I like to play goalie," said Shergo, clad in a Vancouver Canucks jersey and clutching a signed photograph of McLean.

The grinning teenager was one of 13 refugee youth who toured the arena as part of an event arranged by non-profit organization S.U.C.C.E.S.S. and the Vancouver Canucks, with help from a federal government grant, to introduce newly arrived Syrians to Canadian culture through hockey.

As Shergo sat in the stands with his father Mohammad Kurdi and brothers and sisters, the moment couldn't have been more different from his old life. His Metro Vancouver-based aunt, Tima Kurdi, has said while in Turkey he couldn't go to school and had to work to help his family.

"Since the first day they arrived in Canada, I remember (Shergo) went outside and he picked up the hockey stick," said Tima's son Alan Kerim.

"They started playing hockey and since that day, they loved the sport. So now to get this opportunity and to come see this on the ice and meet Kirk McLean, it was a great experience for them.

"Now they just live their normal lives, playing hockey, going to school. It's nice to see."

THE CANADIAN PRESS

EDMONTON ESKIMOS

Name still has to go: Obed

Alex Boyd
Metro | Edmonton

When Natan Obed, president of the Inuit Tapiriit Kanatami, wrote an op-ed calling on the Edmonton Eskimos to lose the slang word for Inuit from their name, it ignited a discussion in the city. That was November.

When Metro asked then what actions would be taken, the team told us that was a question for the future.

In January, the team invited Obed to Edmonton to talk it out. Metro finally got both sides on the phone to talk about the meeting.

How did the meeting go?

The team was gracious in hosting us, they listened to the concerns that I put forward about the use of the name, and now we're interested to know about how to move forward.

Has your position on the name changed?

It's pretty simple from our end that the change in team name is what we hope for. The dialogue that we may have started is one that I'm grateful that they were open to … but until the name is changed, there really isn't much more to talk about.

Were you disappointed in the meeting?

Edmonton Eskimos' Adarius Bowman THE CANADIAN PRESS

I think that it is too strong a word. I recognize that it is an issue that needs to be brought up with the ownership group and their relations, with respect to marketing and the fans, so I'm not discounting any of that. It seems as though the City of Edmonton and the Edmonton franchise both want to do what is right, and both were largely oblivious to any negative connotation to the name itself.

Your position is somewhat controversial, even within the Inuit community.

What I've said and will continue to say is that there are Inuit that are offended by it and we should live now where we try to ensure that we are providing a safe environment. I don't ever want to be called that term … I played sports — I grew up playing hockey, and I've been called a 'dirty Eskimo' and a 'n—.' I've been called all sorts of names, and I know just how deeply those things hurt and how deeply they change perception of yourself. And the fact that it is still okay for the Edmonton football team to use that name every single day when it is not okay to use it in any other context to describe our people? That's something we need to come to terms with.

RESPONSE

In a statement emailed to Metro, a representative from the Edmonton Eskimos confirmed they invited Obed for a meeting with club president and CEO Len Rhodes in January. The statement describes the meeting as "extremely cordial" and says that Rhodes "expressed how the Football Club always aims to respect all members of the community and will continue to do so." The statement continues: "This was a face-to-face meeting that created an open dialogue that we hope continues into the future."

GET PRE-APPROVED NOW!
SIMPLE AND SECURE APPLICATIONS
Specializing in:
• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607

CALL TODAY FOR FREE CREDIT CONSULTATION
NO PAYMENTS FOR 6 MONTHS OAC
$0 DOWN PAYMENT
FREE OIL CHANGES FOR LIFE WITH PURCHASE
Offer valid until March 31, 2016.
DRIVE AWAY TODAY!

HAVE IT ALL.
Get LASIK today,
take 5 years to pay.†
LASIK MD VISION
Starting at $490/eye*
Book a free consultation
at 1-855-301-2020 or lasikmd.com

†Subject to credit approval. Interest financing starting at 8.9% over 60 months.
*Standard LASIK starting at $490 per eye and Custom LASIK starting at $990 per eye. Applicable to surgery on both eyes only. Other conditions may apply.

Ahead of the budget, economy top of mind

POLITICS

Canadians are worried about financial security: Poll

Prime Minister Justin Trudeau's government takes the wraps off its first budget Tuesday at a time when many Canadians are worried about economic uncertainty and a majority fear for their own financial security, a new poll shows.

Trudeau's promise of economic help for the middle class — an issue his Liberals campaigned on — comes as sluggish growth and more recent economic turmoil sparked by the sharp drop in oil prices has shaken the confidence of Canadians, according to the poll by Forum Research.

It found that 33 per cent of those surveyed believe the economy will worsen while just 24 per cent expect the economy to improve this year. Just over one-third of respondents think the economy won't change.

Kids from the Kiwanis Boys and Girls Club laugh along with Minister of Finance Bill Morneau as he puts on his new budget shoes in Toronto, Ont. TORSTAR NEWS SERVICE

And those economic jitters have most Canadians now fretting about their own prospects, with 69 per cent saying they are concerned about their financial security.

The poll found that younger people, ages 18 to 34, are among those most pessimistic about the economy and their own financial security.

That's no surprise to Bilan Arte, national chairwoman of the Canadian Federation of Students, who says young people are struggling with "skyrocketing" tuition fees, growing debt and an uncertain job market.

"We need some strong leadership at the federal level to present a bold plan to save this generation," she said, noting that youth unemployment is running at 13 per cent.

During the election, the Liberals promised action to make post-secondary education more affordable and help getting young people into the job market. And Trudeau made himself the minister of youth, setting expectations high on the file. Young people will now be watching to see if those promises become a reality to help set them up for economic success, Arte said.

When asked what they want to see in Tuesday's budget, Canadians put tax cuts at the top of their list (23 per cent), followed by infrastructure spending (18 per cent) and action on jobs (15 per cent), the poll found.

TORSTAR NEWS SERVICE

FEDERAL BUDGET

The stakes are high come this Tuesday

Steve Rennie
Metro | Ottawa

We're about to find out if the Liberals can kickstart Canada's sputtering economy through spending.

We already know the broad strokes of the federal Liberal government's inaugural budget. Lots of spending on what Prime Minister Justin Trudeau has called "unsexy" things, like upgrading roads and bridges. Sort of like the old Conservative Economic Action Plan, but with better hair.

But perhaps the most interesting part of Finance Minister Bill Morneau's first budget will be not line items on spending (even if past budgets have tended to feature more sweeping rhetoric than nitty gritty details), but what it says about this Liberal government.

Recall the first Conservative budget of the Stephen Harper era. It was meant to paint the Conservatives as the party of the suburban middle class. They cut the GST by one percentage point as they began to chisel away at programs and spending. They scrapped the Liberal plan for a national child-care program in favour of sending parents monthly cheques for each child under the age of six.

So what will Tuesday's budget say about Trudeau's Liberals? It is on this budget (and how they follow through on it) that they will be judged. In four years, we can look back and see if their multibillion-dollar gambit on infrastructure spending actually lead to the creation of more jobs — and if so, were they high-paying, full-time jobs, or temporary, lower-paying ones. After all, jobs are the most important part of this budget. The Liberals campaigned on a promise to create 40,000 jobs for young Canadians each year for the next three years — including 5,000 youth green jobs. On Tuesday we'll see just what the plan is to deliver on that jobs promise.

You only get one chance to make a first impression.

Steve Rennie is the managing editor of Metro Ottawa

First lady Michelle Obama, President Barack Obama, and their daughters arrive at Jose Marti International Airport for a 48-hour visit Sunday in Havana, Cuba. JOE RAEDLE/GETTY IMAGES

Obama: 'It is wonderful to be here'

Spotlight on CUBA

Presidential trip revives relationship with nation

Stepping into history, U.S. President Barack Obama opened an extraordinary visit to Cuba on Sunday, eager to push decades of acrimony deeper into the past and forge new ties with America's former adversary.

"It is wonderful to be here," said the American president.

Obama's whirlwind trip is a crowning moment in his and Cuban President Raul Castro's ambitious effort to restore normal relations between their countries. While deep differences persist, the economic and political relationship has changed rapidly in the 15 months since the leaders vowed a new beginning.

Wielding an umbrella on a rainy Havana afternoon, the president stepped off of Air Force One and was greeted by top Cuban officials, including Cuba's foreign minister and U.S. ambassador. He was joined by first lady Michelle Obama and daughters Malia and Sasha, with dozens of U.S. lawmakers and business leaders arriving separately for Obama's visit.

His first stop was a Havana hotel, where Obama greeted U.S. Embassy staff and their families and noted the momentous nature of his visit — the first by a sitting U.S. president since 1928, when Calvin Coolidge arrived in a battleship.

"This is a historic visit, and it's a historic opportunity to engage with the Cuban people," Obama said.

A highlight of Obama's visit comes Tuesday when he joins Castro and a crowd of baseball-crazed Cubans for a game between the beloved national team and Major League Baseball's Tampa Bay Rays. The president also planned a speech at the Grand Theater of Havana laying out his vision for greater freedoms and more economic opportunity in Cuba.

A major focus for Obama was pushing his Cuba policy to the point it will be all but impossible for the next president to reverse it. THE ASSOCIATED PRESS

IN BRIEF

Airbnb opens Cuban online lodging listings to world

Online lodging service Airbnb is allowing travellers from around the world to book stays in private homes in Cuba after the San Francisco-based company received a special authorization from the Obama administration, Airbnb announced Sunday.

Airbnb was the first major American company to enter Cuba after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

The service handles online listing, booking and payments for people looking to stay in private homes instead of hotels. THE ASSOCIATED PRESS

DIPLOMACY

Cuban visit a first step toward future hopes

Gilbert Ngabo
Metro | Toronto

U.S. President Barack Obama's visit to Cuba has been a long-anticipated event for Julio Fonseca.

The language professor at York University grew up in Cuba and still remembers the atrocious effects of the U.S. trade embargo on ordinary people's lives.

"It was very bad in the 1960s," he said. "No one cared whether you had toothpaste or a soap. Those basic things we take for granted were very hard to find."

Fonseca, who is also the president of the Association of Cubans in Toronto, said Cuban-Canadians expect Obama's visit to serve as a step in the direction of normalizing relations between the two countries.

"This conflict has been there for over half a century. It's time for a change," he said.

On top of Cubans' wish list is the lifting of the economic blockade — which Obama has asked Congress to look into repealing, but has faced stiff opposition from Republicans. There's also the need to close down the naval base at Guantanamo Bay, which has been there "against the will of the Cuban people," said Fonseca.

But, much as it'll take a strong political will to change the status quo, it'll also require a mentality change because the "hatred" towards Cuban people has been "institutionalized," he said.

Julio Fonseca LIZ BEDDALL/METRO

Hurry, sale ends March 31st.

Now get an extra 2GB of data.

Don't miss out on this amazing plan, now loaded with even more data.

- 5GB full-speed data (3GB data + 2GB bonus)
- Unlimited calls to Canada
- Unlimited global text
- Low international calling rates starting at 1¢/min

$40/mo

Offer ends March 31st

SAMSUNG Galaxy S7 SAMSUNG Galaxy S7 edge

WIND

Learn more at WINDmobile.ca. Offer is valid as of March 17, 2016 and is subject to change or cancellation without notice. All plan features in Canada are available from anywhere on our network, otherwise long distance and roaming rates apply. WINDtab terms and conditions apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Samsung and Samsung Galaxy S7 and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile

metro VIEWS
Your essential daily news
Monday, March 21, 2016

THAT SMARTS
New research suggests unlike others, extremely intelligent people are happier if they spend less time with their friends.

metroview

ROSEMARY WESTWOOD ON NANCY JO SALES'S AMERICAN GIRLS

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

Grade 9, 1999, was the year of the blow job at my junior high school. Not everyone was giving — or getting — but in general, it was the year when girls started giving boys oral sex. Mind you, never the other way around.

There were parties sans parents and blackberry coolers that tasted like pop. I wore tight pants and chunky heels. I had a Samsung flip phone I shared with two siblings. We fought over it on weekends,

But I never got this messages: "SEND NOODZ."

That text marks the beginning of a deeply upsetting foray into the world of today's American teenager. Nancy Jo Sales's new book, American Girls: Social Media and the Secret Lives of Teenagers should make you grateful you're not a teenager. It left me relieved social media and pornography were sprinkled on my adolescence — but did not saturate, define, or seek to control it.

The book is indexed under Parenting and Women's Issues. But it is really about technology's dramatic impact on the sexual development of kids, and our complete ignorance — no, negligence — in helping children understand its force, and develop a healthy sense of self and sexuality.

The book focuses on girls, because in our still-sexist society, the damaging aspects of technology fall disproportionately on young girls.

Digital pornography is catching children at their sexual awakening.

There's no reason to think it's any different for Canadian youth. Think of the cavalier way a sexually graphic image of a drunk 17-year-old Rehteah Parsons was passed around a Nova Scotia school in 2011, to deadly effect.

Ironically, as feminism is rising again as a force in media, politics and the culture at large, this book explores how feminism is seen as the anti-cool, the anti-chill, among many teens. And that is chilling.

NO RULES Teens' social lives online are like a never-ending house party where the parents are away, Rosemary Westwood writes. STURTI/ISTOCK

It's also enraging. This book took me weeks to read, because I kept shutting it in disgust. I yelled about it to friends at a dinner party. Sales gives over nearly half the text to the direct voices of teenage girls, ages 13 to 19, as they talk about boys, sexting, social pressures and sexuality. She empathizes deeply with them, and thus I did too.

A 13-year-old recounts how boys pass around nude photos of classmates to older boys in exchange for alcohol. We hear about "slut pages," where nude photos sent to one boy are posted publicly on social media (technically a crime). A 19-year-old complains, "Our whole society has become porn. No one wants to look at that." Hookup culture is "for him and him only," she says. "It's just not working."

It would be easy to accuse Sales of criticizing women's sexuality in this book, if not for two things: First, the girls themselves say they're anxious about the constant need to look hot on social media and appear sexually attractive to boys; second, the boys express willingness to continue that old cliché double-standard of the slut and the stud, and little interest in intimacy, since sex is so available without it, digitally and otherwise.

The book avoids moral panic over teenage sexuality, but puts porn culture and social media directly in the crosshairs. It's not that teenagers today are different than I was. It's that their world is.

In the book, not only do parents appear largely ignorant of their children's social media lives, but schools appear inept at giving kids the critical-thinking tools Sales says they need to navigate the new landscape. And in some cases, law enforcement's response has been to charge young people with taking or possessing photos of themselves, a move comically at odds with a culture that prizes the nude-selfie queen Kim Kardashian.

As if to drive the point home, last week I got an advertising email from "GoSexy Final Touch," an app that claims to "put the power in girls' hands to look their best in their photos."

In the lives of teenagers, social media is our sexist society on speed. There is a twisted focus on self-promotion instead of self-development. Wanting to look good isn't a problem, but wanting "to be liked and loved and considered hot by strangers on social media," as Sales writes, is. "For girls now to model themselves in the image of pornography, one could argue, is for them to embrace their own disempowerment."

Digital pornography is catching children at their sexual awakening, and shaping their understanding of pleasure, agency and consent.

And while there are plenty of critical thinkers in Sales's book, it's scary to think we're leaving them to navigate a new frontier all on their own.

It's as if, on social media, kids grow up without any parents. They don't just have the house for the weekend to throw a party — the parents were never there to begin with.

And so, this book should be read by parents. It should be read by teachers and principals. It should be read by police officers. It should be read by women. It should be read by men. And all other genders.

Then, at least, we won't be able to claim ignorance.

The feds are stepping up on transit. Now it's the province's turn

CAPITAL IDEA
Kate Webb

The federal government is expected to reveal hundreds of millions of dollars for public transit in Metro Vancouver in Tuesday's budget — which should be cause for celebration for 99 B-Line commuters and drivers sick of congestion.

Justin Trudeau said when he was on the campaign trail that the Broadway subway line, Surrey light rail and increased SeaBus service are all projects that could be funded under the new Liberal government.

But unless the province reverses its stance that voters must support any new transit tax in a referendum, TransLink will be stuck in the bizarre position of having the money to build these projects but no money to operate them.

That's like me signing up to buy a new car without having the salary to insure it. It's not financially savvy. The provincial government has already rejected every request by Metro Vancouver mayors to approve simple funding solutions that can be implemented quickly, like a vehicle levy, a portion of the carbon tax, or an increase to the gas tax.

Then there was last year's transit referendum fiasco, which asked Metro Vancouver voters to support a 0.5 per cent regional sales tax. The Yes side failed primarily because the timeline was too short. Metro Vancouver mayors were asked to drum up support for the tax in just a few months — a feat that took other cities with successful transit tax campaigns, such as Denver and Los Angeles, two to three years.

The only tax left that the mayors somewhat agree on is road pricing — which could take even longer. Road pricing uses an electronic system to read cars' plates and sends owners a bill if they drive into the core during peak periods.

Stockholm, Sweden had a retroactive referendum on road pricing, in which the system was implemented for a year first, and then politicians let the voters decide whether to scrap it. It passed, and approval ratings over the years escalated to 68 per cent, but from the time discussions started it took six years for road pricing to succeed.

Peter Fassbender, the Minister responsible for TransLink, says there's plenty of time to figure out how to fund new operations, since the design and engineering work for the rapid transit lines is going to take two to three years.

"There's a number of ideas that are being floated by the mayors, and so what I think we need to do is take one step at a time," he said on Friday.

That's code for "Let the mayors figure it out." Tell that to the commuters. Or better yet, the B.C. Liberals could show some leadership and make the case publicly for a tax that would allow these new transit lines to start running the day of their ribbon-cutting. The federal Liberals have stepped up. Now it's B.C.'s turn.

Kate Webb is an unapologetic muckraker and political junkie who lives and writes in Vancouver.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR VANCOUVER
Jeff Hodson

ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002

FREE TO SHARE

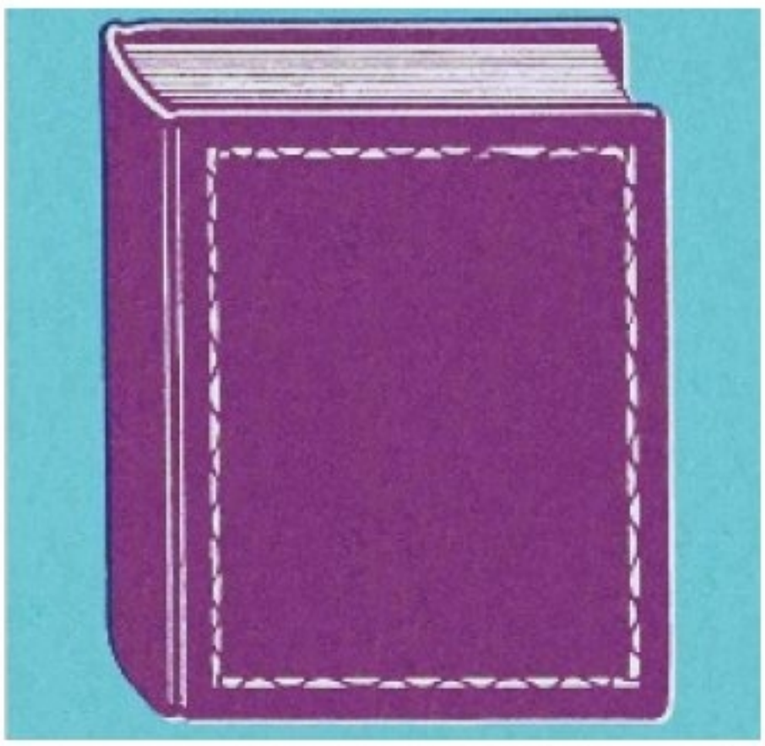
PHILOSOPHER CAT
by Jason Logan

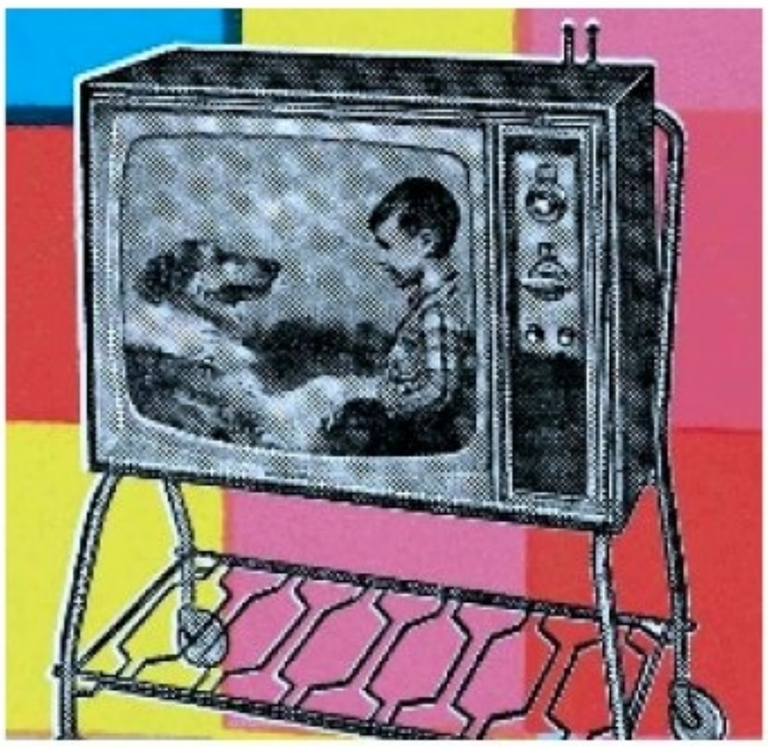
Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

"Crunch Effect": You eat more if you can't hear yourself chew, U.S. study claims





Arts groups eye budget boost

LIBERAL GOVERNMENT

Culture orgs are tired of being seen as 'beggars'

Megan Haynes
For Metro Canada

The Canadian arts community is optimistic ahead of Prime Minister Justin Trudeau's inaugural federal budget.

Banking on Liberal campaign promises, various industry spokespeople expect an infusion of money towards the arts. This includes renewed funding for the CBC, the Canadian Council for the Arts (CCA), Telefilm and the National Film Board.

"There's been a consistent message from the new government that there's a real will to make a re-investment in arts and culture," says Simon Brault, director and CEO at the CCA, a federally-funded body that invests in and promotes Canadian artists. Last year, it distributed more than $155 million to artists through grants and prizes, including the Governor General's Literary Awards, which have been given to authors including Patrick deWitt (The Sisters Brothers), Guy Vanderhaeghe (Daddy Lenin and Other Stories) and Linda Spalding (The Purchase).

The Liberals promised to invest $150 million in annual funding at the CBC, which saw its budgets slashed by $115 million under the Conservative government. Brault expects $75 million to be dished out this year, and the full promised amount rolled out by 2018.

The CCA also expects to see its annual budgets double over the next two years to $360 million, as well as a re-investment in the film-industry bodies National Film Board and Telefilm to $25 million across both organizations. The government also promised to restore $25 million in funding to bodies that facilitate arts exchanges internationally.

If this money comes through, it will send a strong signal that arts and culture is a valued contributor to Canadian society, says Elliott Anderson, acting director of public policy research and communication at ACTRA, the union body representing actors.

It's a departure from the previous government's era of budget cuts and funding stagnation, he says.

"There was a feeling for a long time that everyone in the arts community was a target — if you made one misstep, (the government) would use it as proof that more cuts were needed," Anderson says. "(Former Prime Minister Stephen) Harper's government did leave a certain level of mistrust, but people are very excited about the prospect of change."

The CCA already has a comprehensive plan, should the increased funding come through in tomorrow's budget. Beyond creating more grant opportunities for artists, writers and musicians, Brault says the plan is to focus on helping the arts community better adopt digital platforms — an area he says Canada has fallen behind on. Increased funding will also allow the CCA to double down on efforts to engage previously neglected groups, including youth and indigenous people.

In the broadcast sector, increased funding means more opportunities for original Canadian production, which in turn creates more jobs for those involved with TV and cinema, says Anderson.

Beyond funding, there is hope for a focus for Canada on the international stage. For example, in 2014 the Conservatives denied a $6.5 million request that would have sent Canada to be guest of honour at the Frankfurt Book Fair, considered one of the most important international events on the literary scene. Canada has again been asked, this time for the 2020 fair, with a funding request of $4 million.

The invitation is still under consideration, according to a spokesperson from the Department of Canadian Heritage. But Anita Purcell, executive director of the Canadian Authors Association, says based on government's rhetoric, she's confident they will accept the invite.

"There's an appetite (at the federal level) to show Canadian culture. There is a sense that people in the arts sector feel more valued, and have a role to play," Brault says. "We feel invited — not as beggars, but as contributors," he says.

metro
TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App
Download the Metro News App today at metronews.ca/mobile

Currently treating your Type 2 Diabetes with metformin?
You may be eligible to participate in a research study and learn more about your Type 2 Diabetes.
Study medication, supplies, and other expenses will be provided.
Speak with one of our diabetes specialists today at
1-844-266-2662
Learn more at improvinghealth.ca

Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only a few weeks left to get Annick back on track to achieve her financial goals.

LESLEY-ANNE SCORGIE
metro*money*

Turning Bey into big bucks

THE CHALLENGE: Annick, 24 and from Calgary and Yolanda, 27 and from Mississauga, have agreed to intensive 12-week Money Coaching with Metro's financial guru Lesley-Anne Scorgie. These ladies have four weeks remaining to eliminate their consumer debt and accumulate a significant chunk of money for a down payment. Can they reach their goals?

THIS WEEK: Annick must choose whether to honour her deal to pay off her debt or sell her expensive Beyoncé ticket.

NEXT WEEK: Yolanda has decided to reward herself with a trip to Montreal. But will this mean she'll miss her April contribution towards her down payment? She'd better start hoping for a generous tax refund to cover the costs.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

I have a dilemma on my hands. Three weeks ago Annick splurged to purchase a $322 Beyoncé ticket. To afford this once-in-a-lifetime experience, she missed this month's debt-reduction target of $900 and only paid $550. We made a deal that if Annick didn't reach her goal by March 15, she'd have to sell her ticket. Being a young woman of her word, Annick posted a compelling Kijiji ad.

Here's the thing though, when I clicked on the ad link, staring right back at me was a $500 price tag for Annick's kick-ass Beyoncé floor seat. *(Ed's note: Reselling tickets at more than face value is legal in Alberta, and has been since the province scrapped the Amusements Act in 2009)*

Hello Miss Resourceful! Annick will make $175 off this transaction (after postage). I'm big into hawking things online for a premium price, so I want to reward Annick for thinking like an entrepreneur. Imagine if she applied this same principle in other areas of her life…

There are three approaches Annick can take.

1). School of hard-knocks. She sells her ticket and applies ALL the proceeds to her debt.

2). Balance. She sells her ticket and applies $350 to her debt and uses the remaining $150 to purchase a less expensive ticket.

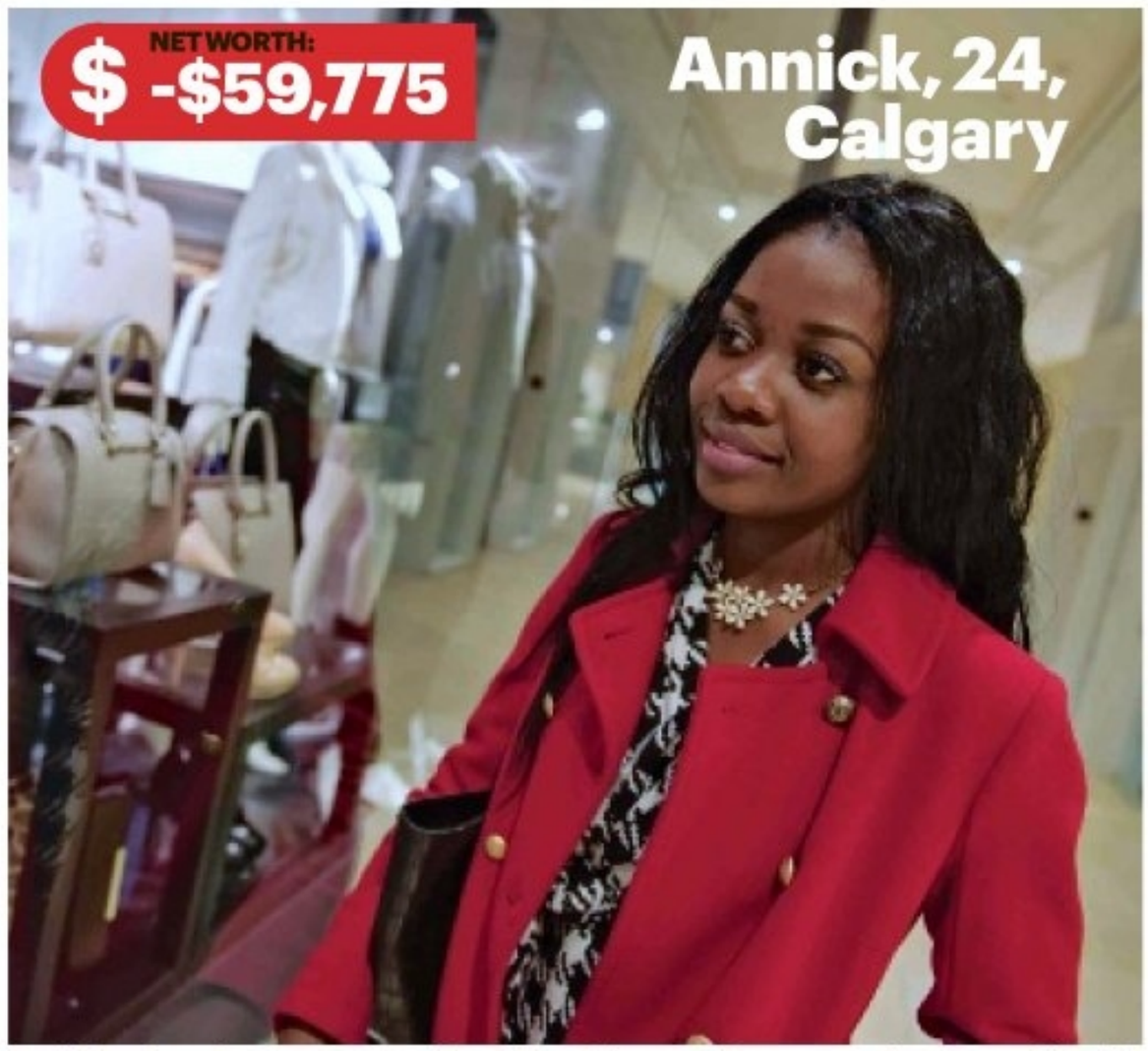
3). Off-the-hook. I give her a 15-day extension to reach her debt-reduction target.

I'm leaning towards option two because no financial lesson is ever learned without follow-through; and in Annick's case that means being accountable to her financial goals.

THE LESSON

Have you ever over-promised? Of course you have!

Financially, and in the case of Annick, this often results in not achieving a particular money milestone like paying off one's credit card balance, achieving



Annick has found her entrepreneurial spirit by aiming to make money on the concert ticket she has to sell this month. JENNIFER FRIESEN, FOR METRO

WE KNOW A HOT PHONE YOU SHOULD MEET.

MEMBERS GET A SUPER-FAST NETWORK, HEARTFELT SERVICE AND EXCLUSIVE DEALS FROM OUR AWESOME PARTNERS:

STARBUCKS TOPSHOP TOPMAN G Adventures kobo + MORE

virginmobile.ca

Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.

Virgin mobile THE SOURCE WIRELESSWAVE Tbooth wireless WIRELESS etc...

BY THE NUMBERS

Annick has been hyper-vigilant about adding to her bottom line. Since we met in December, she's improved her net worth by $2,675. Can she meet her target of consumer-debt freedom by July?

	Dec. 2015	Mar. 2016
Assets		
RRSP	$350	$850
Total Assets	**$350**	**$850**
Liabilities		
Student Loan	$58,800	$58,350
VISA	$1,500	$1,200
MasterCard	$650	$475
Other Loans	$1,600	$350
Taxes	$250	$250
Total Liabilities	**$62,800**	**$60,625**
Net Worth	**($62,450)**	**($59,775)**

a raise or foregoing that extra RRSP contribution. It feels rotten to fail.

But, if you treat a financial failure as a lesson, and don't repeat it, you'll move on to achieve your next financial goal.

The caveat however is to set realistic goals that stretch you, but aren't out of reach.

Annick's going to pay a financial penalty for over-promising.

But, she has a choice to either let that penalty sink her financial ship or motivate her to avoid splurges and make more money. Knowing her, and her newfound entrepreneurial spirit, she'll choose the latter.

If you treat a financial failure as a lesson and don't repeat it, you'll move on to achieve your next financial goal

FINANCES

Introducing your kids to a bank account

A lot of kids have a pretty good understanding of what money can do for them. They may get funds in the forms of a weekly allowance, the tooth fairy, the occasional gift from grandma — and they tend to spend it pretty quickly on toys and candy. What they aren't great at understanding is the power of saving; while they may have piggy banks, they raid them regularly.

That's where a bank account comes in. Teaching your kids to save money at a bank is an important money lesson. It helps them understand that when you use a debit or credit card, you're not taking money out of thin air. And it allows them to put their money far enough out of reach that they can't spend it easily.

The trouble is, a lot of bank accounts aren't user-friendly for people who might only be starting with $10 or $20. For one thing, there are bank charges, which can eat into your kids' savings (try explaining a $1.50 bank charge when your kid only has $20 in the bank!).

Remember that your own bank might not be the best option. If you're looking for a bank account for your kids, make sure you shop around, and consider the following:

A great way to teach your kids that your debit card isn't 'magic' is to get them their own bank account. ISTOCK

Go for a no-fee option: Kids don't exactly have fat balances — ideally, you want an account with no minimum balance, no monthly fees, and few if any transaction charges. A quick check for kid-friendly bank accounts on Ratesupermarket shows a few low-fee savings accounts for kids.

The HSBC Premier Youth Savings Account has no minimum balance, no monthly fee and unlimited transactions.

The CIBC Premium Growth for Youth, the TD Youth Account, and the Scotiabank Getting There Youth Account only charge for ATM withdrawals from other banks. Tangerine and PC Financial also have regular savings accounts with no fees, no minimum balance and no monthly fees — they're both worth exploring.

Look at the interest rate: With rates at all time lows, finding a bank account that will teach your kids the magic of compound interest is next to impossible. But some banks offer a bit more — Tangerine and PC Financial both offer a 0.80 per cent interest rate on savings accounts.

HSBC's kid-focused Premier Youth Savings account offers 0.75 per cent — again, not too bad compared to many others.

Set up an appointment: Take your kid into the branch and show them what goes into opening a savings account. It will help them see how important it is to have an account, and that there are people at the bank who can explain how things work. You'll also avoid waiting in a long lineup (and the inevitable complaints of "I'm bored!").

Show them their statements: Show your kid how to read a bank statement, whether you get it online or on paper. That way, they'll get used to checking their balance — and they might even get excited about adding money every month and watch it grow.

But there aren't any banks with kid-friendly resources and account statements.

This is clearly one area where the banks could do more: while many support financial literacy to different degrees, it's hard finding a bank with kid-focused tools or even in-branch services to help them understand how their savings account works, the power of interest over time, and what saving can do for them.

TORSTAR NEWS SERVICE

Limited time offer. With new activation on a 2-yr. Gold plan with $50/mo. spend or a 2-yr. Platinum plan with $80/mo. spend before tax. Bonus gift is an in-store credit or a Visa Gift Card, see store for details. Services available with compatible devices. One-time connection charge ($15) may apply to Platinum plans. Monthly 911 fees apply in: AB (44¢), NB (53¢), NL (75¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Taxes extra. Other conditions apply; see virginmobile.ca for details. Offers and Member Benefits subject to change/cancellation at any time without notice. If you cancel your Commitment Period early, an Early Exit Charge will apply. See your Agreement for details. Screen image simulated. Phones and some colours may not be available at all retailers. Samsung images; © 2016 Samsung Electronics Canada, Inc. All rights reserved. Samsung and Samsung Galaxy S5 Neo, are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with permission. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2016 Virgin Mobile.

JOHANNA SCHNELLER
WHAT I'M WATCHING

Happy Valley anything but for working women

THE SHOW: Happy Valley, Season 2, Episode 1 (Netflix)
THE MOMENT: The Dog Food

Sarah Lancashire in Happy Valley. CONTRIBUTED

Catherine, a Yorkshire police sergeant (the divine Sarah Lancashire) and her protégé Ann (Charlie Murphy) discuss Ann's first days as a policewoman.

"One flat we went in, dog food was right on the floor," Ann says. "No bowl."

"Yeah, and they're the responsible ones," Catherine replies. "They actually feed their pets." She faces Ann square on. "Ninety-nine-point-nine per cent of the time, that's the sort of people you'll be dealing with. People who live in houses where you have to wipe your feet when you leave. Better get used to it."

This show's creator, Sally Wainwright (who did the equally terrific Scott & Bailey and Last Tango in Halifax) excels at many things: verisimilitude about cops, authentic settings, characters that grow more interesting over time. But I'm most grateful that she creates women who are good at their jobs, and puts them in situations where they show it.

As Catherine says above, she routinely deals with the worst the human race throws up. Her own life has its share of crap, too: a dead daughter she's still mourning; an alcoholic sister; a murder investigation in which she's (unfairly) implicated. Yet at work, she's always on it — smart, compassionate, tough, fair.

Later in this episode, Catherine briefly breaks down. "What do I have to do?" she asks her sister. She does everything right, and it's still not enough. After a minute, she answers her own question: She wipes her face and moves on to the next thing. Working women everywhere will relate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Ephron lives on in biopic

ALL IN THE FAMILY

Jacob Bernstein makes a film about his mom

Shinan Govani
Torstar News Service

Catching the new, lucent documentary on Nora Ephron, I was seized by a thought: what would have Nora, one of the quintessentials of New York City, made of the dramatic rise of Donald Trump, one of the cartoons of New York City?

Standard-bearers for a city famous for its insomnia, and ensconced in paths-crossing salons, surely she would have had some howls?

Alas, alas: here, now, a voice extinguished too soon, Ephron, who died four years ago — and was described at the time by the New York Times as a writer in the Dorothy Parker mould, "only smarter and funnier" — may have pulled a fast one on the zeitgeist, but she lives on, alright, in a very personal film made by son, Jacob Bernstein, and called Everything Is Copy (premiering on HBO, Monday.)

"I always wanted her to like me," remarks Steven Spielberg (one of the many who comprise Ephron's one-or-two-degrees-of-separation) in the doc. It's a line echoed by consummate TV host, Charlie Rose, who muses, "You wanted her to like you."

"It's very powerful to be both loved and feared," is how Bernstein puts it today, reiterating a point that he makes in the movie that his mother was both "kind...and really generous...but also stern and unfailingly honest," leading to a combination "that made people seek out her approval."

Discussing his maiden film, after a screening at the Palm Springs Film Festival, the 37-year-old explains, "We don't have to overly-deify her for it to be a celebration of her."

To paint the picture, Bernstein patches together old footage of Ephron (doing the talk-show circuit, for instance), readings of her work (via Reese Witherspoon Lena Dunham, etc), and a bounty of fresh interviews, ranging from Meryl Streep (who gave an impassioned eulogy at Ephron's memorial) to Barry Diller (an old classmate of Ephron's from their time at Beverly Hills High School).

AIRS TONIGHT
Everything Is Copy premieres on HBO, Monday.

American screenwriter and novelist Nora Ephron and her son, Jacob Bernstein, right. CONTRIBUTED

"We got Mike Nichols right under the wire," Bernstein says now, referring to Nichols' own death soon after. He's grateful that he did, since the iconic director was not only a long-time hero of his mother, but also the man who did the film adaptation of Ephron's seminal divorce roman-a-clef, Heartburn.

Indeed, Heartburn factors in big in the movie, for one of the most intriguing moments of the film is when the filmmaker sits on a sofa with his father, Carl Bernstein, to have an all-too-real exchange. Dad, who became famous as one of the reporter boy-wonders during Watergate, and then later somewhat notorious when he was found cheating on mom with the wife of the ex-British Ambassador acknowledges to his son that he worried that the divorce that wrought a book and then a movie would affect what Jacob would think of him. Pausing for a minute, the young Bernstein tells his dad, "And for a while it did."

Asked what his mother would have made of the film, Jacob wagers. "A part of me thinks she'd be really proud of it...but other times, I think, she'd be saying, 'You know...it's almost good."

JOIN US IN RAISING FUNDS TO SUPPORT MUSIC THERAPY

• VANCOUVER • CALGARY • TORONTO • MONTREAL

MARCH FOR MUSIC THERAPY

GIVE TODAY!

In support of the Canadian Music Therapy Trust Fund
In partnership with the Canadian Association for Music Therapy

GO TO MUSICTHERAPYTRUST.CA TO PLEDGE + DONATE

More information: info@musictherapytrust.ca

metro SPORTS

World No. 1 Novak Djokovic rolled past Canada's Milos Raonic, 6-2, 6-0, to win the BNP Paribas Open for a record fifth time

Damn, Daniel: Sedin sounds off on effort

NHL

Canucks' 'A" says poor work ethic impeding team progress

Cam Tucker
Metro | Vancouver

Daniel Sedin had some choice words for his team after Saturday night's 3-0 loss to the Blues. HARRY HOW/GETTY IMAGES

Daniel Sedin had only one message: The Canucks' effort versus the St. Louis Blues on Saturday was not acceptable.

Sedin, one of the leaders on the ice and in the locker-room along with twin brother and captain Henrik Sedin, relentlessly kept on that point in the moments following a 3-0 loss to the Blues at Rogers Arena. The Canucks have now lost four straight and have been shut out in back-to-back games.

The Sedin brothers have tried to be as positive as possible with their public assessments of the younger players and the growing pains that come with this process.

And while Daniel Sedin didn't name names, he was irked with the performance Saturday. The Canucks were outshot 50-19. Really, the final score flattered the listless hosts.

"Confidence — you get that from working hard, I think. It's not about points or stuff like that. It's about working hard and if they don't have confidence, it's because they don't work hard enough. That's the way I look at it," he said.

"The effort has to be there every night. That's all you can ask for right now and obviously when you get outshot this bad, the effort's not there for a lot of guys, so it needs to be better."

He wasn't done there.

"Young or whatever, the effort has got to be there. Every shift. You can't lose battles, lose pucks. The one-on-one battles (are) key in this league. If you win those, you're going to have a good game," he added.

"Until we understand that, I think it's going to look like this."

Head coach Willie Desjardins echoed those sentiments.

"I don't know exactly what they're thinking but I know there's more to give. We're going to have to meet and talk about that," he said.

The Carleton Ravens celebrate with the W.P. McGee Trophy on Sunday at UBC. DARRYL DYCK/THE CANADIAN PRESS

CIS BASKETBALL

Ravens earn sixth straight hoops title

The basketball dynasty at Carleton University continues to fly high.

The Carleton Ravens men's basketball team locked up its sixth consecutive CIS title and 12th in the last 14 years with a convincing 101-79 victory over the Calgary Dinos in front of 4,415 fans at UBC's Doug Mitchell Thunderbird Sports Centre on Sunday.

In every facet of the game, the Ravens bested their Canada West opponent in the final.

The Ravens set the tone early, too.

Gavin Resch hit two early three-point shots to put the Ravens into the lead less than three minutes into the first quarter, and they continued to pull away. By the third quarter, Carleton had opened up a 20-point cushion.

"As long as we're unselfish and we find the open guy, that's the way we want to play," said Carleton's interim head coach Rob Smart.

"After Gavin started it off, everyone just got that confidence boost," added Connor Wood, who was named the tournament's most valuable player.

The Ravens finished the game with all five of their starters in double digits in points. They had two other players — Cameron Smythe of Vancouver and Mitchell Wood — knocking on the door for double digits late in the game.

"We honestly didn't have a real answer for them throughout the game," said Calgary coach Dan Vanhooren.

CAM TUCKER/METRO

David Ousted punches away a corner kick at Seattle on Saturday. THE ASSOCIATED PRESS

MLS

Caps snap out of it in Seattle

The Vancouver Whitecaps are now in the win column.

After two frustrating losses highlighted by defensive gaffes and a lack of finish — in open play, at least — to start the 2016 MLS season, the Whitecaps answered back with a 2-1 road victory over the rival Seattle Sounders FC on Saturday.

The Sounders are now 0-3, and the only Western Conference team without a win.

Pedro Morales scored both Vancouver goals off penalty kicks, the second of which came in the 74th minute, breaking up a 1-1 tie.

The first penalty kick awarded to Vancouver in the ninth minute was a controversial call, as it appeared Whitecaps midfielder Christian Bolanos simply stumbled over his own two feet as he chased down a ball in the Seattle penalty area. There didn't appear to be much, if any contact between Bolanos and Seattle defender Joevin Jones.

The Whitecaps conceded a goal from Andrea Ivanschitz seven minutes into the second half, but head coach Carl Robinson praised his players for how they responded after Seattle drew even.

"We showed character afterwards. We wanted the ball," said Robinson.

"It's easy to play when you're winning games of football, but when you're not and you've come off two defeats — silly defeats, really — you show a bit of grit and determination."

CAM TUCKER/METRO

MARCH MADNESS

Villanova routs Iowa
Josh Hart scored 19 points and second-seeded Villanova advanced to the Sweet 16 for the first time since 2009 with an 87-68 rout of seventh-seeded Iowa on Sunday in the South Regional.
THE ASSOCIATED PRESS

A&M survives Northern Iowa
Alex Caruso scored 25 points as Texas A&M overcame a 10-point deficit with less than 30 seconds remaining in regulation to come back for a 92-88 double overtime victory over Northern Iowa in on Sunday night.

The win puts the third-seeded Aggies (28-8) in the Sweet 16 for the third time in school history, the first since 2007.

Danuel House scored all 22 of his points in the second half and overtime.
THE ASSOCIATED PRESS

Man United smites City

Red Devils 18-year-old Marcus Rashford made short work of City defender Martin Demichelis on Sunday at the Etihad Stadium. MICHAEL REGAN/GETTY IMAGES

PREMIER LEAGUE

Teen Rashford brings intrigue to top-4 battle

Pep Guardiola might have thought he'd be taking over the champions of England when he agreed to join Manchester City from next season.

If City's current form is anything to go by, the world's best manager may be coaching a side in the Europa League.

City's 1-0 loss to Manchester United on Sunday, courtesy of another goal by teenager Marcus Rashford, didn't only end its realistic chances of winning the Premier League. It also left the club under severe threat of being displaced in the top four in an increasingly fraught race for Champions League qualification.

United and West Ham are only one point behind fourth-place City, which has won just one of its last six league games and has got a Champions League quarter-final match against Paris Saint-Germain to complicate its upcoming schedule.

At Tottenham, Harry Kane scored two goals for the second straight league game as Spurs beat Bournemouth 3-0 to stay five points adrift of leader Leicester.

The title race looks to be down to two teams, although third-place Arsenal could still have a say.

Liverpool's ambitions of making the top four were hit after squandering a two-goal lead to lose 3-2 at Southampton. Liverpool could have moved four points behind City with a win, but that honour instead goes to Southampton.

At the other end of the standings, Newcastle and Sunderland drew 1-1 in the northeast derby and both remain in the relegation zone. Aleksandar Mitrovic scored an 83rd-minute equalizer for Newcastle.

City became the latest team to be exposed by Rashford, United's new star striker.

The 18-year-old Rashford took his tally to five goals in eight games since being plucked from United's youth team to answer a striker crisis last month. Playing in his first Manchester derby, Rashford slipped past Martin Demichelis and slotted a finish under the body of goalkeeper Joe Hart for the 16th-minute winner. THE ASSOCIATED PRESS

DIVISION TABLE

	GP	W-D-L	Pts.
Leicester	31	19-9-3	66
Tottenham	31	17-10-4	61
Arsenal	30	16-7-7	55
Man. City	30	15-6-9	51
West Ham	30	13-11-6	50
Man. United	30	14-8-8	50
S'hampton	31	13-8-10	47
Stoke City	31	13-7-11	46
Liverpool	29	12-8-9	44
Chelsea	30	10-11-9	41
West Brom	30	10-9-11	39
Everton	29	9-11-9	38
B'mouth	31	10-8-13	38
Watford	30	10-7-13	37
Swansea	31	9-9-13	36
Crys. Palace	30	9-6-15	33
Norwich	31	7-7-17	28
Sunderland	30	6-8-16	26
Newcastle	30	6-7-17	25
Aston Villa	31	3-7-21	16

Champions League
Europa League
Relegation

Jason Day throws a ball to fans after winning Arnold Palmer Invitational on Sunday in Orlando. SAM GREENWOOD/GETTY IMAGES

PGA

Great Day for golf at Palmer Invitational

Jason Day turned his fortunes at just the right time Sunday by making a 12-foot birdie putt and then saving par from just under 100 feet away in a bunker to win the Arnold Palmer Invitational.

It was a great moment for Palmer, the 86-year-old tournament host who watched it unfold on the 18th green. Day closed with a 2-under 70 for a one-shot victory over Kevin Chappel.

Day moves to No. 2 in the world and will have a chance to overtake Jordan Spieth next week in the Dell Match Play.

David Hearn of Brantford, Ont., was the top Canadian. 10 strokes back. THE ASSOCIATED PRESS

IN BRIEF

Rafael Soriano packs it in

Relief pitcher Rafael Soriano has announced his retirement from baseball after 14 seasons in the major leagues.

The 36-year-old Soriano signed a minor league contract with the Toronto Blue Jays last month. He never reported to spring training because of visa issues in his native Dominican Republic.

The Blue Jays posted a note from Soriano on Sunday saying he was done. THE ASSOCIATED PRESS

Mariners fall to Tribe

Backup infielder Jose Ramirez hit two home runs and the Cleveland Indians topped the Seattle Mariners 3-1 Sunday.

Ramirez hit a solo shot in the first inning and a two-run homer in the third against Wade Miley.

Miley, who will open the season as Seattle's third or fourth starter, pitched well against Cleveland's other eight batters. In five innings, he allowed four hits overall. THE ASSOCIATED PRESS

COLORADO RAPIDS

Keeper Howard leaving Everton for MLS

Goalkeeper Tim Howard is taking his big-save ability back to Major League Soccer.

The longtime standout for the U.S. national team will leave Everton of the English Premier League at the end of the season to join Colorado Rapids. It will end the American goalkeeper's 13-year stint in English soccer, 10 of which have been at Everton after joining from Manchester United.

Howard has agreed to a 3-1/2-year deal with Colorado, starting when the Premier League ends in May. The Rapids said he will be added to the roster at the opening of the secondary transfer window on July 4.

"It's a new chapter that I'm looking forward to for many different reasons," Howard said in a conference call on Sunday. "I'll be flying the flag and be hoping to bring even more top players to (Denver).

"I think MLS does a great job of selling itself. I'll do my part, but all the people in the U.K. that I've spoken to are always asking about MLS. They seem very interested at the prospect of playing here."

The 37-year-old Howard, a U.S. national team member since 2002, stopped 16 shots during the 2014 World Cup against Belgium in the knockout round. THE ASSOCIATED PRESS

Service Directory

To advertise call 604.602.1002

FINANCIAL

credit700.ca

$750 Loan and more

No credit check

Open 7 days from 8 to 8 (EST)

Call us or apply online

1-855-527-4368

www.credit700.ca

HEALTH AND WELLNESS

SRI DURGA MATHA ASTROLOGER

Indian Astrologer & Psychic Reader

PANDITH: SAMPATH JI

Expert in Palm Reading, Face Reading, Patra Reading & Photo Reading

HE CAN HANDLE ANY PROBLEM

Pandit is expert in Removing Black Magic, Voodoo Spirits, Obeau, Generation Curses, Evil Energy, Butu, Witchcraft, Evil Spirits & Bad Luck.

He is specialized in Bringing Financial Happiness, Health Protection & Good Luck.

604-805-7025 Open 7 Days a Week 100% Guarantee 82 Ave., 116 Street, Delta BC

INDIAN ASTROLOGER & PSYCHIC Pandit: YOGI

EXPERT PALM & FACE READING AND DATE OF BIRTH TAKE RIGHT DECISION AT RIGHT TIME

NOBODY CAN BREAK MY PROTECTION THIS IS MY CHALLENGE

POWERFUL & GOD GIFTED HEALER CAN HANDLE ANY HEALTH, COURT, LOVE, CHILDREN, MISTAKE, MONEY, JOB, BUSINESS, EDUCATION, DEPRESSION, ENEMY, JEALOUSY, SEXUAL HEALTH, PERSONAL MATTER, MARRIAGE, ETC.

REMOVES BLACK MAGIC, JADOO, VOODOO, WITCHCRAFT, OBEYS, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION

778.707.3599 9278 120 SCOTT ROAD SURREY BC • 9AM TO 8PM

SPIRITUALIST & PSYCHIC

Pandit: JAGADISH

100% GUARANTEE • ALL RELIGIONS WELCOMED

HE CAN HANDLE ANY PROBLEM

IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS

LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE

REMOVES BLACK MAGIC & GIVES 100% PROTECTION

604.377.7295 | 11875 – 82 AVE, DELTA NEAR SUPERSTORE

RECIPE Grilled Salmon Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spring's arrival calls for celebration. We love this salmon dinner that's been transformed into a fresh but hearty salad.

Ready in
Prep time: 10 mins
Cook time: 20 mins

Ingredients
- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper

Directions

1. Boil potatoes until tender. Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

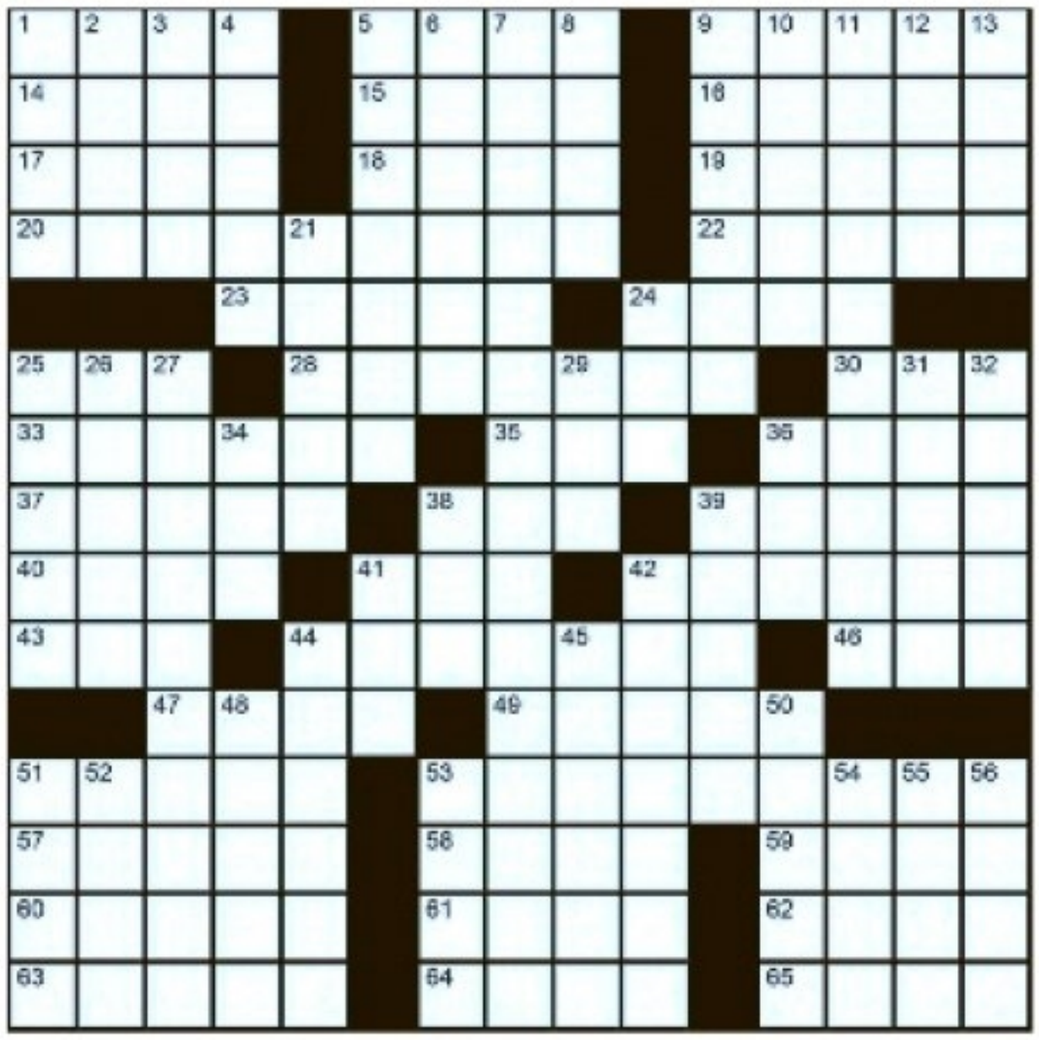
2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Kick up a fuss
5. Movie's group of actors
9. Contributed
14. Corn lily
15. Fever symptom
16. "Bleeding Love" singer Ms. Lewis
17. Molson drink
18. Agents, for short
19. Even
20. Small community near La Crete in northern Alberta where #27-Down are from
22. Brightest star in the constellation Orion
23. Nimble
24. Page in a paperback
25. Morse Code bit
28. Green Gables: School which Anne Shirley attended, _ College
30. Traveller's delay
33. Privileged people
35. Hesitant sounds
36. Enormous
37. Close-fitting
38. Stop-_-_
39. Mountaineer's spike
40. Repeat
41. Prez
42. The Moody Blues tune: "_ Dream"
43. Race the motor
44. Some shorebirds
46. Ophthalmology orb
47. Tel _, Israel
49. Gladden
51. Hairstyling venue
53. Vera Wang customer
57. Mr. Firth
58. Formerly
59. 60 minutes
60. Anoint, olde-style
61. Film _ (Artsy movie style)
62. Vampire Weekend singer Mr. Koenig
63. Vampire novelist Stephenie
64. _ & Sciences
65. Microscope piece

DOWN
1. Lettuce variety
2. Eddie's "Beverly Hills Cop" (1984) role
3. Place
4. "Instant _!" by John Lennon
5. Circus barkers
6. From times-of-yore
7. Queen Elizabeth, _ _ of the Church of England
8. See if it works
9. Bruce Wayne's butler
10. Alberta village, 'Gateway to the Handhills'
11. Canadian Football League legend on the current season of "Dancing with the Stars": 2 wds.
12. 'ence' word-ending alternative
13. Writer Roald
21. White-plumed heron
24. Canadian star of 'Naked Gun' movies ...his initials-sharers
25. Dissuade
26. "The Brady Bunch" housekeeper
27. "County Line" Canadian country duo of brothers: 2 wds.
29. _-Medonte (Ontario township)
31. Suffering
32. Wishes granter
34. Howe'er
36. Particular pronoun
38. Prefix with 'classical'
39. Plague: French
41. Gladiator's 155
42. Those marking exam papers
44. Tail-to-donkey attacher
45. Prompt/evoke
48. Kind of curtain fabric
50. Lucy's famous sitcom friend
51. Defraud
52. Top-notched
53. _ fide (Authentic)
54. Slowly flow as sludge
55. Go from being a log to ash
56. Time divisions

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Yeah, it's that kind of day. Issues at work might be confusing. Steer clear of controversial conversations.

Taurus April 21 - May 21
It's easy to be confused with a friend or a member of a group today, especially regarding shared property or how to spend a certain amount of money. Tread carefully.

Gemini May 22 - June 21
Issues at home are confused today. This could be why relations with partners and close friends are challenged. Just be patient with everyone.

Cancer June 22 - July 23
Be careful today, because initially you might not have all the facts. Or perhaps the facts you have are incorrect. This is why someone will challenge you.

Leo July 24 - Aug. 23
Financial issues are a challenge today. For starters, some kind of deception or confusion is likely. Obstacles might arise with social plans, hotel reservations or something related to sports or children.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign, opposing Venus and Neptune, and at odds with Saturn. What does this mean? It means you might not have your facts right.

Libra Sept. 24 - Oct. 23
Be aware of deception and confusion today, especially at work. This might apply to your health. Whatever happens could cause you to worry. Relax — this is temporary.

Scorpio Oct. 24 - Nov. 22
Romantic relationships might disappoint you today. Ditto for financial arrangements! Yes, this is one of those Mondays. Good luck.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to deal with parents and authority figures, because people are uncooperative, in addition to which it's hard to get the right story about anything. Chill out.

Capricorn Dec. 22 - Jan. 20
You might be worried today. Don't worry — half the world is there with you. Worry is like a rocking chair. It gives you something to do, but gets you nowhere.

Aquarius Jan. 21 - Feb. 19
Be careful about financial matters today, because confusion is rampant. In fact, even deceit is present, so beware!

Pisces
Feb. 20 - March 20
This is a tough day for relating to practically everyone. Be respectful and low-key when dealing with authority figures. Be patient with partners and close friends. This is the toughest day of this week.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			2					
		8				1		
	2		5	6			7	
1		6			3			
		4				5		
			4			2		7
	6			8	7		2	
		3				9		
					4			

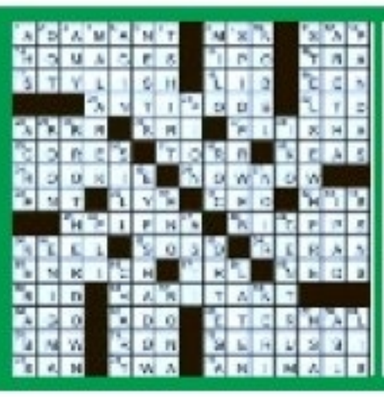
©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. Text 'metro' to 236-237-1740

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	2	6	4	7	8	3	5	9
5	4	9	1	2	3	7	8	6
3	7	8	9	5	6	4	1	2
6	5	3	8	1	2	9	4	7
7	8	1	6	9	4	2	3	5
2	9	4	7	3	5	1	6	8
4	3	5	2	8	9	6	7	1
8	1	2	3	6	7	5	9	4
9	6	7	5	4	1	8	2	3

Enjoy iPhone 6 on one of the best networks in the world.

$0[1]

(After $100 bill credit)

2-yr. Plus plan with select data add-ons $839.95 no term

SIM card charge ($9.95) may apply.

iPhone 6

Introducing Roam Better™ from Bell. Use your iPhone in over 100 destinations around the world and get unlimited talk & text plus 100 MB of data in the U.S. for just $5/day or $10/day in international destinations.[2]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell being with Bell just got better

Get expert advice today.
Visit a Bell store near you.

ABBOTSFORD
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Crystal Mall
- Lougheed Town Centre
- Metropolis at Metrotown

CHILLIWACK
- Eagle Landing Shopping Centre
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park

LANGLEY
- Willowbrook Corner
- Willowbrook Shopping Centre

MAPLE RIDGE
- Haney Place Mall

NANAIMO
- Country Club Centre
- Woodgrove Centre

NEW WESTMINSTER
- Queensborough Landing

PENTICTON
- Peachtree Square

PITT MEADOWS
- Meadowtown Centre

PRINCE GEORGE
- Pine Centre Mall

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 72 Ave.
- 8363 B – 128th St
- Central City Shopping Centre
- Clover Square Village
- Guildford Town Centre
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 1147 Robson St.
- 698 West Broadway
- 2154 West 4th Ave.
- 2065 West 41 st Ave.
- 1588 West Broadway
- 1038 West Georgia St.
- Capilano Mall
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal

VERNON
- Village Green Mall

VICTORIA
- 3500 Uptown Boulevard
- Hillside Centre
- Mayfair Shopping Centre
- Shelbourne Village Square
- The Bay Centre
- Tillicum Centre
- Westshore Town Centre

Also available at:

THE SOURCE I WANT THAT

Offer ends March 23, 2016. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) applies. 9-1-1 government monthly fee in NL: $0.75, NS: $0.43, PEI: $0.70, NB: $0.53, AB: $0.44., SK: $0.62., QC: $0.40. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice, not combinable with other offers. Taxes extra. Other conditions apply. **(1)** With new activation (or hardware upgrade with an account in good standing) and a Plus plan before taxes. In AB, BC, NB, NL, NT, NS, NU, ON, PE, YT: $95/mo. ($60/mo. plan + $35/mo. for 2.5 GB data). In SK: $80/mo. ($55/mo. plan + $25/mo. for 4 GB data). In MB: $65/mo. ($45/mo. plan + $20/mo. for 6 GB data). In QC: $75/mo. ($55/mo. plan + $20/mo. for 4 GB data). Promotional pricing may apply; visit bell.ca/rateplans for details. The bill credit will be applied on the second or third invoice, before taxes. You must keep a min. 2.5 GB data plan during the 2-yr term, otherwise the $100 bill credit will not be applied. Your account must be in good standing in order to receive the bill credit. **(2)** Roam Better is a pay-per-use Feature and add-on to a Bell unlimited Share plan, within certain Bell's US/International roaming partners' coverage areas. Subject to change without notice, including coverage, rates and usage allowances. One-time opt-in required for the Feature and once you opt-in (required), a daily fee will be automatically applied for each calendar day you call, text or use data while roaming in a Roam Better destination. Premium texts (see bell.ca/premiumSMS) are not included and subject to additional charges. Calendar day for charging the daily fee is 00:00 to 23:59 Eastern Time (ET), regardless of time zone where you roam. Feature not compatible with Travel Pass. Other conditions apply; see bell.ca/roambetter. **US Roam:** For additional data you may top up for another 100 MB of data for $5/day. Unlimited voice includes calls within the US and to Canada. Calls to all other countries are subject to international call charges. Unlimited texts include incoming and outgoing texts to US and Canadian mobile numbers. Texts sent to international mobile numbers are extra. **International Roam in eligible destinations:** For additional data, you may top up for another 100 MB of data for $10/day. Unlimited voice includes calls within the destination country and to Canada. Additional charges apply in excluded destinations. Unlimited texts include incoming and outgoing texts to international destinations. Apple and iPhone are trademarks of Apple Inc.